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Analysis of redistribution of body fat mass in women postmenopausal with Osteopenia or Osteoporosis

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Analysis of the redistribution of body fat women post-menopausal with osteopenia or osteoporosis: It is a study conducted in Curitiba, Parana, Brazil, at Federal Technological University of Parana (UTFPR). The UTFPR has a biochemical and densitometry laboratory, where are conducted studies about postmenopausal women, who participate in the Specific Exercise Program of Osteoporosis. From this program were analyzed fifty one women, in the aged between 57 and 81 years old, diagnosed with osteopenia or osteoporosis. The data was obtained by dual-energy X-Ray absorptiometry (DXA) using Hologic Discovery appliance model A. For measurement of body mass, we used a digital scale Bioland, with 0.1 kg with the barefoot and with the least amount of clothing possible evaluated. Height was measured using a tape measure, mark WCS. Through the measurements of body mass and height calculated the body mass index ($BMI = \text{weight}/\text{height}^2$), adopting the classification of the World Health Organization (WHO): not obese ($<30.0 \text{ kg/m}^2$) and obese ($>$ or equal to 30.0 kg/m^2). These data indicate that the average age and postmenopausal time (66.7 and 19.2 years, respectively) indicate a change in body components, which in this study reflected a percentage of total fat (39.4%), which classify the study group as obese ($>37\%$). In postmenopausal phase the women had large muscle loss. However, a replacement of muscle mass for body fat which ends up hiding when analyzed BMI, this fact is potentiated by time after menopausal and by decreasing body's metabolism.

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